

>> tips for the

# PERFECT week <<

## 1 what to include

Your ideal week will include a longer run to build endurance, a hilly run to improve your strength, and a scenic or social run that regularly injects some fun into your routine and keeps you coming back for more. Include a speed workout only if your goal is to run faster.

## 2 when to run

Running every other day allows "weak links" — your knees, feet, or hips — time to heal. Do slow, long runs on the weekends when you have more time. Weekdays are ideal for shorter hill and social runs, say, Tuesday and Thursday. If you're doing speed workouts, it's essential to take a rest day before and after these sessions in order to rest and recover.

## 3 when to rest up

While you don't have to exert yourself on nonrunning days, some form of exercise will energize your mind, improve your attitude, and burn fat. Choose an activity that doesn't fatigue the calf muscles, such as aqua-jogging, walking, or gently riding the elliptical.

## 4 how to vary your weeks

You can keep the same schedule from week to week and alternate your route or running partners to boost your motivation. If you're focused on an ambitious goal like a first race or new distance, alternate focused weeks — complete with hills, long runs, and speedwork — with easy weeks that include social runs and one targeted session.

by Jeff Galloway  
for more tips, check out  
[runnersworld.com/runningtips](http://runnersworld.com/runningtips)

dates: \_\_\_\_\_ to \_\_\_\_\_

1 MILES TIME COMMENTS

MON

TUE

WED

THU

FRI

SAT

SUN

3 - - - - -

MON

TUE

WED

THU

FRI

SAT

SUN

2 MILES TIME COMMENTS

MON

TUE

WED

THU

FRI

SAT

SUN

4 - - - - -

MON

TUE

WED

THU

FRI

SAT

SUN



training LOG

printable

name: \_\_\_\_\_

dates used: \_\_\_\_\_ - \_\_\_\_\_

6 MILES TIME COMMENTS

MON

TUE

WED

THU

FRI

SAT

SUN

8

MON

TUE

WED

THU

FRI

SAT

SUN

5 MILES TIME COMMENTS

MON

TUE

WED

THU

FRI

SAT

SUN

7

MON

TUE

WED

THU

FRI

SAT

SUN

dates: \_\_\_\_\_ to \_\_\_\_\_